

## AMENDMENTS TO SPECIFICATION

(Paragraph 2, Sentence 1)

Most fitness equipment employs ~~able~~ a cable and gear system to provide fitness users ~~to a~~  
5 way to train their body and build up strength.

(Cleaned-up version, of Paragraph 2, Sentence 1)

Most fitness equipment employs a cable and gear system to provide fitness users a way to  
train their body and build up strength.

(Paragraph 21, Sentence 1)

A washer piece 12 and a nut 14 are used to secure top cap piece 40 to the eye hook piece 10,  
allowing said eye hook ~~piece 10~~ piece 10 to rotate freely relative to the top cap piece 40.

(Cleaned-up version, of Paragraph 21, Sentence 1)

A washer piece 12 and a nut 14 are used to secure top cap piece 40 to the eye hook piece 10,  
allowing said eye hook ~~piece 10~~ piece 10 to rotate freely relative to the top cap piece 40.

(Paragraph 22, Sentence 2)

Although ~~Fig. 2a~~ Fig. 2c shows the ball bearings on top of the washer piece, present invention  
also envisions ball bearings ~~sandwiched~~ sandwiched in between two round disks.

**(Cleaned-up version, of Paragraph 22, Sentence 2)**

Although Fig. 2c shows the ball bearings on top of the washer piece, present invention also envisions ball bearings sandwiched in between two round disks.

5 (Paragraph 24)

In Figs. 3a and 3b, the outer ~~circumferences of top~~ circumferences of top cap piece 40 and bottom piece 50 are made into circular shape, so that one can have inside thread and the other can have outside thread for fastening the two together. Although ~~figs.~~ Figs. 3a and 3b show the top cap piece 40 is fitted to the outside of bottom piece 50, the reverse can be done as  
10 well.

**(Cleaned-up version, of Paragraph 24)**

In Figs. 3a and 3b, the outer circumferences of top cap piece 40 and bottom piece 50 are made into circular shape, so that one can have inside thread and the other can have outside  
15 thread for fastening the two together. Although Figs. 3a and 3b show the top cap piece 40 fitted to the outside of bottom piece 50, the reverse can be done as well.